



# Lesson 1:

## Introduce MyPlate and Make Half Your Plate Fruits and Vegetables

### Combo Lesson

#### Lesson Highlights

##### Objectives

##### Consumer will:

- Learn how My Plate helps in making healthy eating choices.
- Understand health benefits of eating more fruits and vegetables.
- Taste a healthy stone fruit recipe.

##### Educator Resources

- Getting Started with MyPlate
- MyPlate Community Toolkit

##### Consumer Handout:

- Stone Fruit Tip Card (Eng/Span)
- MyPlate Mini-Poster (Eng/Span)

##### Materials

- MyPlate Display Board
- Fruit Salad taste test (optional)

## Activity: Interactive Learning Dialogue

Educator -Read the Getting Started with MyPlate and the MyPlate Community Toolkit.

Set up the MyPlate tri-fold display board for interactive tool. Display MyPlate outline and the five food groups that make up MyPlate (Eng/ Span) with variety of food pictures.

### Sample Interactive Learning Dialogue:

Let me introduce you to MyPlate.

How many of you are familiar with MyPlate? **(Refer to MyPlate display)**

Answer:

MyPlate helps you make healthy food choices. MyPlate has five food groups. **(Point to the food groups**

**sections on the MyPlate display board and ask participant to name them.)**

Answer:

We should eat from these five food groups every day to have a healthy diet.

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

•California Department of

Now's let put together a healthy MyPlate. **(Educator demonstrates selecting a food group from the display board and sticking it on the MyPlate outline.)**

What food group is your favorite? **(Encourage participants to answer and add favorite food group to the display.)**

Answer:

MyPlate is made up of 5 different food groups: fruit, vegetables, grains, protein, and dairy

What are the two food groups that make up half of the MyPlate.

Answer:

Fruits and vegetables make up half of MyPlate.

Do you see some of your favorite fruits and vegetables displayed here?

**( Educator points to the MyPlate display board and various cut outs of fruits and vegetables such as strawberries, broccoli, oranges. )**

Name some ways that you can add more fruits and vegetables to your plate.

Answer:

Add fresh fruit to a side or main dish. Have fruit for dessert.

Add bell peppers to your salad.

Include chopped vegetables like broccoli and carrots in your burrito or wrap.

So every day try to think of ways to add more fruits and vegetables to your meals.

Here is a recipe card to make an easy fruit salad and a MyPlate Poster reminder.

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Educator: Distribute the Stone Fruit Tip Card and MyPlate Mini-Poster handout.

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## Group Activity: Taste Test optional

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Educator: Follow local Food Safety Guidelines for taste test preparation. Check with your local Public Health Department for guidelines. Prepare in advance samples of Fruit Salad Recipe.

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### FRUIT SALAD

Makes (8) ½ cup servings

#### Ingredients:

4 cups of your favorite stone fruit, pitted and chopped into bite-sized chunks

2 tablespoons orange juice

#### Optional:

Low-fat flavored yogurt

Chopped Nuts

Crunchy cereal (like granola or

Grape Nuts)

#### Instructions

1. Toss fruit chunks together with orange juice.
2. Layer with optional toppings if desired.



SOURCE: Adapted from Harvest of the Month/*Network for a Healthy California*